

Benefits of Breastfeeding

Nurture your baby with your love, your warmth and your milk. Each mother makes perfect breastmilk to fit her baby's growth and development needs.

BREASTMILK-PERFECT FOR MOMS

- ◆ Always ready at the right temperature.
- ◆ Promotes weight loss after pregnancy.
- ◆ Protects from chronic disease including osteoporosis and cancer.
- ◆ Breastfeeding hormones increase the level of bonding with baby.

BREASTMILK-PERFECT FOR BABIES

- ◆ Best possible nutrition.
- ◆ Easy to digest-immediately ready to help baby grow.
- ◆ Reduces risk of SIDS, ear infections, RSV and diarrhea.
- ◆ Helps prevent chronic disease including diabetes, obesity, asthma, heart disease and cancer.
- ◆ Promotes brain growth and a smarter baby child and adult (higher IQ score.)
- ◆ Always clean and safe.

BREASTMILK-PERFECT FOR FAMILIES

- ◆ Breastfeeding babies are healthier—parents don't miss work as often for a sick baby.
- ◆ Breastfeeding saves money—breastmilk is free.
- ◆ Breastfeeding saves time—always ready anywhere you go.
- ◆ You feed and comfort your baby faster—no bottles to fix.

MORE TO KNOW . . .

- Even though breastfeeding is natural, it may not come naturally--you and your baby will take time to learn what to do.
- WIC can provide you with nutritious foods, help you achieve your breastfeeding goals and provide a breast pump.
- Reach for the phone before reaching for the bottle. Call your mom, sister, or WIC Peer Counselor for support when you need encouragement to keep breastfeeding.

For more information call: